



In your box

- 2 Green Onions
- 12 oz. Yukon Potatoes
- 2 fl. oz. Chipotle BBQ Sauce
- 2 Zucchini
- 1 tsp. Onion Salt
- .3 oz. Butter
- 3 oz. Sour Cream
- 1 oz. Shredded Cheddar Cheese
- 2 Tbsp. Italian Panko Blend

Customize It Options

- 12 oz. Ground Turkey
- 10 oz. Antibiotic-Free Ground Beef
- 12 oz. Ground Pork
- 10 oz. Ground Beef

You will need

Olive Oil, Salt, Pepper, Cooking Spray
Mixing Bowl, Baking Sheet, Medium Pot, Colander, Medium Non-Stick Pan



Chipotle BBQ Cheddar Turkey Meatballs

with green onion mashed potatoes & zucchini

NUTRITION per serving—Calories: 697, Carbohydrates: 45g, Fat: 34g, Protein: 42g, Sodium: 1730mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients
*Nutrition & allergen information may vary by protein. Please review protein and meal labels for details.

Prep & Cook Time

35-45 min.

Cook Within

5 days

Difficulty Level

Intermediate

Spice Level

Mild

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to 425 degrees
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: onion salt, green onions

Customize It Instructions

- If using **ground beef** or **ground pork**, follow same instructions as ground turkey.

Minimum Internal Temperature

Steak 145° | Chicken 165° | Pork 145° | Salmon 145° | Shrimp 145°



1

Prepare the Ingredients

- Trim and thinly slice **green onions**, keeping white and green portions separate.
- Trim **zucchini** ends, halve lengthwise, and cut into ½” slices.
- Cut **potato** into large chunks.



2

Make the Potatoes

- Bring a medium pot with **potato chunks** covered by **water** to a boil. Cook until fork-tender, 14-18 minutes.
- Reserve ¼ cup **potato cooking water**. Drain potatoes in a colander and return to pot.
- Add **butter**, half the **onion salt** (reserve remaining for meatballs), 1 Tbsp. **potato cooking water**, and **sour cream**. Mash until smooth. *If dry, add remaining potato cooking water, 1 Tbsp. at a time, until desired consistency is reached.* Stir in **green portions of green onions**. Cover and set aside.
- While potatoes boil, make meatballs.



3

Prepare the Meatballs

- In a mixing bowl, combine **ground turkey**, **white portions of green onions**, **Italian panko**, **cheese**, remaining **onion salt**, and a pinch of **pepper**. Form turkey mixture into eight evenly-sized meatballs.
- Place a medium non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add meatballs to hot pan and sear on two sides until browned, 2-3 minutes per side.
- Transfer meatballs to one half of prepared baking sheet. *Meatballs will finish cooking in a later step.*
- Reserve pan; no need to wipe clean.



4

Cook Meatballs and Zucchini

- Place **zucchini** on empty half of baking sheet and toss with 1 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**. Massage oil and seasoning into zucchini.
- Spread zucchini into a single layer on their side. Roast in hot oven until zucchini is tender and **meatballs** reach a minimum internal temperature of 165 degrees, 8-10 minutes.



5

Glaze Meatballs and Finish Dish

- Return pan used to sear meatballs to medium heat. Add **chipotle BBQ sauce** and 1 Tbsp. **water** to hot pan. Stir constantly until combined and warm, 1-2 minutes.
- Remove from burner. Add **cooked meatballs** and gently stir until coated with sauce.
- Plate dish as pictured on front of card, serving meatballs on sauce. Bon appétit!